



COMMANDER NAVY REGION HAWAII

SAFETY NEWSLETTER

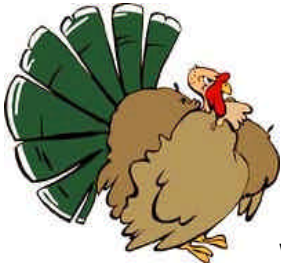
NOVEMBER 2004

www.hawaii.navy.mil/Safety/index.htm



Thanksgiving Safety

Taken from City of Richmond Fire Department



With fire-wise common sense, you can make sure tragedy does not come between you and the festive holiday you have planned. Follow these fire prevention tips to help you and your family has a safe and happy Thanksgiving.

- .. Keep your family and overnight guests safe with a working smoke detector on every level of the house, in every bedroom, and in the halls adjacent to the bedrooms. Test smoke detectors monthly and replace batteries at least twice a year.
- .. Overnight guests should be instructed on the fire escape plan and designated meeting place for your home.
- .. Have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.
- .. A 2-1/2 lb. class ABC multi-purpose dry chemical extinguisher is recommended. Know how to use your fire extinguisher.
- .. Start holiday cooking with a clean stove and oven.
- .. Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.
- .. When cooking do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- .. Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- .. Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked. Unattended cooking is one the main causes of home fires.

.. Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.

.. Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candleholder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around it.

.. If smoking is allowed inside, provide guests with large, deep ashtrays and check them frequently. After guests leave, check inside and under upholstery and in trashcans for cigarette butts that may be smoldering.



Christmas Tree Safety:

Christmas trees are beautiful and festive. They can, however, be very dangerous as well. With a little common sense and a bit of time and patience, your tree will provide hours of safe, enjoyable holiday cheer:

- A real tree shouldn't lose any of its green needles when tapped on the ground.
- Make certain to cut off at least one inch from the bottom of the trunk to allow the tree to absorb water.
- Leaving the tree outside until you are ready to decorate it will help preserve some of its moisture.
- A good rule of thumb to remember in watering your tree is that a six-foot tree will use one gallon of water every two days.
- Make certain to check the water level in the tree stand every day. Don't let it dry out.
- Keep the tree away from floor heaters, fireplaces, or other heat sources.

- Use only UL-listed lights, and use no more than three strands linked together.
- Turn the tree off during the night while you are sleeping or while you are not at home.
- NEVER use candles for tree decorations. Not even on artificial trees.

Home Safety:

Christmas decorations are a joy to see in any home. Make sure that you follow safety guidelines to keep your home safe and sound.

- Install a smoke detector in your home or change the batteries in the one you have. Test the smoke detector often.
- Use only outdoor rated lights outside of your home.
- Examine your light strings. Discard any that appear worn, frayed, or otherwise unsafe.
- Never use indoor extension cords outside.
- Avoid overloading wall outlets and extension cords.
- Keep outdoor electrical connectors above ground and out of puddles and snow.
- Unplug light strings before replacing bulbs. Be sure to use a bulb that matches the appropriate wattage and voltage. Blow out candles before leaving or going to bed.

Food Safety:

The holidays are special times for friends and family, it shouldn't be spoiled by a food borne illness. Here are a few hints to help keep you and your loved ones safe this holiday season:

- Remember: hot foods need to be kept above 140°F, cold foods need to be kept below 40°F.
- Don't plan to serve hot or cold foods if you can't keep them hot or cold.
- Good sanitation is a must. Wash kitchen surfaces, cutting boards, hands, and utensils with hot, soapy water after preparing raw meat and poultry.
- Keep raw meat and poultry, as well as their drippings, from coming into contact with other foods.
- When shopping, avoid purchasing a turkey that is stacked above the top of the refrigerator case as it will not have been stored at the appropriate temperature and may contain harmful levels of bacteria.
- Thorough cooking will only kill some types of bacteria but not necessarily all types of bacteria.
- Don't buy food in poor condition; be aware of the expiration dates.
- Never leave food on the table for more than two hours, after that time harmful bacteria will be able to thrive in the cooler temperatures.
- The best method to thawing frozen foods is on tray in its original wrapping in the refrigerator. When thawing large amounts of food, allow 24 hours for every 5 pounds.
- Don't forget to take out the giblet package before cooking a turkey!
- Cook the turkey before stuffing it. The turkey is done when a meat thermometer reads 180°F on the inside of the thigh.
- Another way to tell if a turkey is done is to prick it with a long tined forked in the thickest portion of the thigh. If the juices run clear (not pink) then the turkey is ready to serve.
- It is recommended that a whole turkey should be allowed to stand for 10-20 minutes prior to carving.

Be Safe!!

Friendly Training Reminders

(At Bldg. X-11 unless otherwise noted)

Safety Indoctrination

PWC/PACDIV

9 Nov - 0800-0930

AAA DIP

NAVSTA PH

15 Nov - 0730-1600

Respirator Training

Bldg. 40

18 Nov - 0730-0930

Motorcycle ERC Course

18 Nov - 0630-1230

Fall Protection Training

19 Nov - 0730-1100

LOTO

23 Nov - 0715-1100

AAA Offender

24 Nov - 0700-1530

Safety Director

(808) 474-3953, Ext 358

Mgmt Analyst

(808) 474-3953, Ext 358

Hazard Control Division

(808) 474-3953, Ext 355

(808) 474-3953, Ext 357

Technical Division

(808) 474-3953, Ext 365